



WIRREANDA SECONDARY SCHOOL  
**SPECIALIST  
SPORTS COURSE**





As the Principal of Wirreanda Secondary School I am incredibly passionate about the unique opportunity that is provided to students through our Specialist Sports Course. As only 1 of 2 officially recognised and funded Specialist Sport programs in South Australia it is an important part of Wirreanda Secondary School. We pride ourselves on the quality of our program, and the elite opportunities and approaches it offers. This Special Entry program is underpinned by a rigorous application process, which provides a competitive opportunity to progress individually surrounded by peer athletes. The focus of individual athlete growth is a reflection of our broader education philosophy of striving to be the best we can be, making improvements each and every day.

*Karla Pobke*  
*Principal*



**RESPECT | RESPONSIBILITY | ACHIEVEMENT | HONESTY**







# Specialist Sports Course Overview

The Specialist Sports Course at Wirreanda Secondary School has been established to assist talented student athletes to achieve at the highest levels of performance in their chosen sport and to help develop their educational, emotional and social wellbeing. The program also provides structures and processes to support students to access a range of post-school options. Extensive support is also provided through the Athlete Development Program to assist student athletes to balance their demanding schedules and achieve success at school, as well as in their personal and sporting lives.

The aims of the Specialist Sports Course are to provide student athletes with access to:

- Athlete development which enhances the individual's ability to maximise performance using a holistic approach
- Development and actioning of a clear Individual Athlete Plan with assistance from the SSC teaching team
- Sport Science services, such as coaching analysis of their performance, sports injury courses and nutrition
- A range of state of the art and traditional training methods, strength and conditioning, psychology, recovery, prehabilitation and rehabilitation and sport specific skill development
- Work Experience and Career Education support and pathways planning
- Various professional facilities within the school environment and within local, state and national sporting communities
- A range of technologies to enhance and aid their individual athlete development

Students in the Specialist Sports Course at Wirreanda Secondary School will have the opportunity to:

- Complete appropriate coaching and officiating qualifications and courses
- Complete Certificate 2 in Sport and Recreation
- Complete their Senior First Aid Certificate
- Obtain units in Certificate 3 in Sport and Recreation
- Engage with successful state and national athletes, coaches and experts via workshops, skill sessions and online connections



# Application Process





# Criteria for Selection

The selection of students into the program is based upon their successful completion of the application process and their ability to meet the following criteria:

- ❑ Proven level of skill, commitment and/or performance in a training and/or competitive environment(s)
- ❑ Demonstrated positive and enthusiastic attitude to support their personal development
- ❑ Identified as having high potential for future development and growth as an athlete
- ❑ High level of coachability that enables the individual to seek, accept and act on a variety of feedback
- ❑ A positive record of playing by the rules and in the spirit of sport
- ❑ High level of ability to improve their skills and knowledge in all aspects of their schooling
- ❑ Capacity to provide a positive role model for others in their approach to learning, school rules and behaviour at all times
- ❑ Participation or willing to participate at a competitive level

## Funding for Student Athletes

Acceptance into the Wirreanda Secondary School Specialist Sports Course means that a student has been granted significant extra funding by the Department for Education to cover the cost of specialist staff, coaching and facilities.

## Annual Fees

As participation in the Wirreanda Specialist Sports Course is voluntary, not all costs will be covered within the budget. An annual fee is set by the Wirreanda Secondary School Governing Council and contributes to costs associated with the course, including the SSC uniform (top/shorts/hat), kit bag, drink bottle and a training towel, coaches, specialist equipment and uniforms, bus hire, excursions, guest speakers, workshops, state of the art technology and access to additional services such as nutrition and sport psychology for targeted athletes. This amount is reviewed annually and parents will be informed of any changes.

Some excursions will incur additional costs, especially where accommodation and transport are required for example year 9/10 SSC camp. Parents/Caregivers will be given advanced notice of major excursions to assist with planning and budgeting.

## Conditions of the Enrolment

By accepting an offer for a position in the Wirreanda Secondary School Specialist Sports Course, a student must agree to the terms and conditions specified in the following Athlete Expectations.





# Athlete Expectations

Enrolment in the Wirreanda Secondary School Specialist Sports Course is a privilege and is earned through talent and hard work. It is an elite program that requires all students to strive to do their best as an athlete and as a learner.

- A commitment to improving their skills and knowledge as learners and developing athletes
- Complete all required work and strive to excel in subjects beyond SSC
- Maintain a consistent effort rating in all subjects and be willing to work closely with learning support teams when needed
- Wear full SSC training uniform with appropriate footwear for practical lessons
- Be organised with appropriate equipment for all practical and theoretical sessions including fully charged devices
- Be a positive role model for others in their approach to behaviour for learning
- Active participation in Sports Day (min. 3 events) and leading/assisting in associated events
- Represent Wirreanda Secondary School in a variety of athletic pursuits including Interschool Athletics and Knock-Out Sport
- Full Participation in SSC workshops, volunteer events, sporting exchanges and camps
- Model the values of Respect, Honesty, Responsibility and Achievement when representing the school in the broader community



*Inability to consistently meet these expectations will result in a review of SSC enrolment.*



# Furthering Your Athletic Outcomes

To gain the biggest benefit from the Specialist Sports Course it is highly recommended that students invest in the following:

1

Involvement in club level sporting programs on a regular basis

Involvement in organised sport outside of the school is necessary to apply many of the fundamental physical and mental skills that students develop during the program. Consistently being able to apply, practice and reflect on these skills will ensure more significant athletic development.

2

Purchase of a heart rate/GPS monitoring device

The Specialist Sports Course utilises athlete monitoring software to plan, record and evaluate your students' individual athletic performance. To gain the full benefit of the specialist sport coaching and monitoring, we highly recommend the purchase of a heart rate/GPS watch. This will allow students to collect data, manage fitness and fatigue levels and learn in real time how their body functions. This tool will provide an invaluable resource to support and motivate your student athlete to take authentic ownership of their training and performances.

Families may purchase any Heart Rate (HR)/GPS watch that allows HR and GPS data to be downloaded. Most recent HR/GPS watches are Bluetooth enabled, which allows for more efficient uploading of information and connection to phone apps, but this is not an essential. HR can be wrist or chest measured, though for ease of use we recommend a wrist based measurement device.

The SSC Team recommends HR/GPS watches from Garmin and Polar as these have proven to be successful within the course.

## Specialist Sports Course Commitment

If students are removed from the Specialist Sports Course Program for failure to adhere to the course expectations OR decide to withdraw from the course after meeting with the SSC Leader they will be required to pay a levy.



Track Data Track Performance

## For Further Information

If you have questions or queries regarding the Specialist Sports Course, please contact the Sports Office.

## Let's Stay Connected

We encourage all young people, parents and their families to stay connected by following Wirreanda Secondary School on our social media platforms. Reminders about upcoming events, due dates and a sneak peak into Specialist Sports Course are often featured.



Wirreanda  
Secondary School  
.sa.edu.au



(08) 8329 7200



@WirreandaSS



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Secondary School



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Wirreanda  
Secondary School

(08) 8329 7200

105 Richards Drive, Morphett Vale SA 5162

[www.wirreandasecondary.sa.edu.au](http://www.wirreandasecondary.sa.edu.au)

T/A South Australian Government Schools CRICOS  
Provider Number: 00018



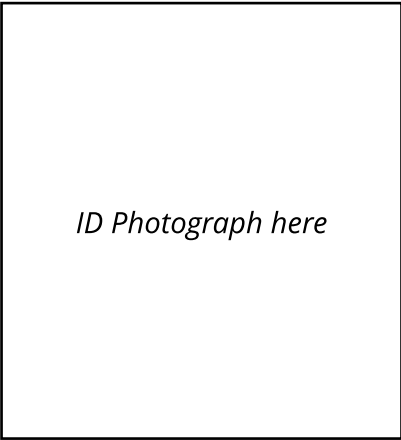
**Government of South Australia**  
Department for Education

**#WSSProud**



# **SSC Application Form**

# Personal & Caregiver Details



## Personal Details

Student Name	
Gender	
Date of Birth	
Current School	
Current Year Level	
Sport 1	
Club/Team currently playing with	
Sport 2	
Club/Team currently playing with	

## Caregiver Details

Caregiver Name	
Street Address	
Suburb	
Postcode	
Mobile Phone	
Home Phone	
Work Phone	
Email	



# Athlete Self Nomination

Athlete - please complete this section with your own thoughts on the 2 questions below. Being clear about your motivations for applying to the Wirreanda Specialist Sports Course is a key first step to becoming a successful athlete.

## Why would you like to be a Specialist Sports Course student at Wirreanda Secondary School?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Please explain how you would work toward your athlete/sport goals in the Specialist Sports Course at Wirreanda Secondary School.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Reference from Coach / PE Teacher

## Coach Contact Details

Name of Coach:  
Position Held:  
Contact No (office hours):  
Present Club / Training Venue:

## Athlete Details

Given Names  
Last Name  
Position within team:

Please describe the Athlete in relation to the following

### 1. Strengths

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### 2. Areas for development

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**3. Training commitment**

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**4. Coachability**

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**5. Attitude/Sportsmanship**

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# Checklist

- ❑ Attach an ID photo to the first page
- ❑ Complete the Personal Details page with the Athlete and Caregivers details
- ❑ Ask your current coach/PE teacher to complete Reference from Coach page
- ❑ Complete the Athlete Self Nomination
- ❑ Attach copies of all school reports from the most recent year
- ❑ Check the Declaration section below. Ensure both Declarations have been signed by a caregiver
- ❑ Submit your complete application via the Front Office

## Declarations

I am aware I need to provide all school reports, reference from a coach or PE Teacher and an individual photo by the day of Specialist Sports Course Trial.

Caregiver Name \_\_\_\_\_ Caregiver Signature \_\_\_\_\_

I declare that the information provided in this Specialist Sports Course Application is, to the best of my knowledge and belief, accurate and complete. I recognise that, any information as part of this application later proves to be false or misleading, any decision made as a result of this application may be reversed. I understand that any enrolment following this process will be subject to consideration and acceptance of a School Enrolment Form.

Caregiver Name \_\_\_\_\_ Caregiver Signature \_\_\_\_\_

#WSSProud

(08) 8329 7200  
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